

Kinesiology (KIN)

Courses

KIN A112 First Aid and CPR for Professionals **1 Credit**

Provides CPR (infant, child, and adult) and first aid training. Successful completion of performance skills and written test will lead to national certification in first aid and CPR.

KIN A161 Wilderness First Responder **4 Credits**

Provides knowledge and skills necessary to administer emergency and medical care in non-urban environments. Covers basic anatomy and physiology, assessment and treatment of injuries, appropriate short-term to multi-day patient care and evacuation considerations.

Special Note: Students will be awarded nationally recognized WFR certificate upon successful completion of course and other certification requirements.

KIN A181 Introduction to Kinesiology **3 Credits**

Introduces the scientific foundations, history, philosophies and objectives of kinesiology. Surveys career and professional development opportunities.

Special Note: Community engagement required.

KIN A182 Fundamentals of Biomechanics **2 Credits**

Introduces basic mechanical principles of physical activity and exercise. Covers the theoretical and practical basis of motor patterns and phases, assessing movement in both quantitative and qualitative forms.

KIN A260 Foundations of Therapeutic Recreation **3 Credits**

Examines the various aspects of the profession and practice of Therapeutic Recreation (TR). Focuses on an understanding of TR definitions, philosophical and theoretical perspectives, service delivery models, and the TR process.

KIN A261 Recreation and Leisure in Modern Society **3 Credits**

Presents an overview of the global historical and philosophical foundations of leisure and recreation. Provides a conceptual basis for the evolution of leisure, recreation and the industry in relation to social, psychological, economic and environmental factors.

Special Note: Requires community engagement/service hours.

Registration Restrictions: Sophomore, junior or senior standing.

Prerequisites: KIN A181 with a minimum grade of C.

KIN A262 Foundations of Outdoor Recreation **3 Credits**

Introduces the field of outdoor recreation. Examines leisure and recreation as an expression of culture, society and wellness. Includes implications for individuals and groups in modern society. Examines philosophical, historical, theoretical, legal, and ethical foundations of the field. Explores career opportunities.

KIN A263 Assessment, Documentation, and Evaluation in Therapeutic Recreation **3 Credits**

Covers the fundamental principles and techniques of the therapeutic recreation process. Determines and systematically designs accountable intervention programs to meet client needs. Creates a variety of functional intervention, leisure education, and recreation programs with measurable and meaningful outcomes.

KIN A264 Recreation Program Planning and Evaluation **3 Credits**

Examines the fundamental, conceptual, technical and operational aspects of recreational program planning, delivery and evaluation to diverse individuals or groups. Evaluates the socio-cultural, ecological, economic, entrepreneurial and managerial dimensions of providing recreation opportunities.

Prerequisites: KIN A181 with a minimum grade of C.

KIN A266 Introduction to Safety and Risk **3 Credits**

Introductory course in safety and risk management for outdoor professionals. Covers industry standards and best practices in the areas of planning and decision making to minimize risk in outdoor situations. Discussions will cover accident/incident preventions as well as organization liability for outdoor service providers.

KIN A280 Leadership in Kinesiology **3 Credits**

Examines key concepts, theories and philosophies related to leadership in the health, fitness, rehabilitative and recreation fields. Surveys common leadership styles, traits, skills, techniques and theories. Introduces outcomes-based development and assessment.

Special Note: Community service required.

Prerequisites: KIN A181 with a minimum grade of C.

KIN A281 Leadership in Activities for Special Populations **2 Credits**

Examines key concepts and presents a variety of activities adapted to meet the needs of special populations. Presents information and current research related to various disabilities. Examines and applies strategies for promoting physical activity experiences for individuals with special needs.

Special Note: Community engagement is required.

Registration Restrictions: Department approval

Prerequisites: KIN A280 with a minimum grade of C or concurrent enrollment.

KIN A282 Leadership in Initiative Activities **2 Credits**

Examines key concepts and activities for facilitating experiential leadership, team-building, and personal growth initiatives. Presents a variety of game types, including those designed as icebreakers, de-inhibitizers, team-builders, for cognitive development and for character development. Introduces planning, preparation, props, techniques, leadership, and safety, with an emphasis on facilitation and de-briefing.

Registration Restrictions: Department approval

Prerequisites: KIN A280 with a minimum grade of C.

KIN A284 Leadership in Fitness Activities **2 Credits**

Examines key concepts associated with leading individual and small-group fitness activities. Presents skills and techniques related to small-group fitness instruction and personal training. Introduces behavior change models and strategies for promoting positive personal health and wellness.

Registration Restrictions: Department approval

Prerequisites: KIN A280 with a minimum grade of C or concurrent enrollment.

KIN A286 Leadership in Recreation and Sport Activities 2 Credits
Examines key concepts associated with recreation and sports activities. Presents skills and techniques related to leading recreation and sports activities. Examines preparation for play through progressive skill development, modifications and utilizing game strategies.

Registration Restrictions: Department approval

Prerequisites: KIN A280 with a minimum grade of C.

KIN A287 Leadership in Outdoor Recreation Activities 2 Credits
Examines key concepts and activities associated with outdoor recreation. Presents a variety of outdoor recreation activities. Introduces planning, preparation, equipment, techniques, leadership, environmental ethics, and safety.

Registration Restrictions: Department approval

Prerequisites: KIN A280 with a minimum grade of C or concurrent enrollment.

KIN A289 Prevention and Care of Activity-Related Injuries 3 Credits
Introduces the profession of athletic training. Examines theories and practices in preventing, recognizing and treating common activity-related injuries.

Prerequisites: BIOL A111 with a minimum grade of D and BIOL A111L with a minimum grade of D and BIOL A112 with a minimum grade of D and BIOL A112L with a minimum grade of D.

KIN A295 Outdoor Leadership Internship 3 Credits
Provides hands-on experience in the areas of outdoor recreation and leadership, varies depending on student interest and availability. Provides on-site work experience and skill development in addition to examining aspects of professionalism and workplace dynamics.

Special Note: Students will meet with the instructor throughout the internship to discuss, process, and assess their growth and learning during the course.

Registration Restrictions: Admission to the Associate of Applied Science in Outdoor Leadership.

KIN A295A Practicum I 1 Credit

Focuses on the practical application of theories, concepts and skills obtained through coursework. Field-based learning experiences will take place in approved educational, worksite or agency settings.

Special Note: Extensive community engagement required.

Registration Restrictions: Sophomore, junior or senior standing; and department approval

Prerequisites: KIN A280 with a minimum grade of C.

KIN A296 Capstone: Advanced Outdoor Leadership 4 Credits
Allows students to demonstrate advanced outdoor leadership skills. Emphasizes the application of skills related to expedition planning, technical skill development, leadership, judgement, and decision making. Includes an instructor-facilitated student-designed outdoor expedition. Provides individualized hands-on experience in the areas of outdoor recreation and leadership that varies on students' interest and availability.

Special Note: Students may have to purchase or rent additional equipment. Requires the ability to function in inclement weather. Requires a good level of physical fitness.

Registration Restrictions: Instructor approval

Prerequisites: PER A170 with a minimum grade of C.

KIN A343 Wellness Program Planning 3 Credits
Focuses on understanding health behaviors and the development of intervention strategies to modify health risk behaviors within health and wellness programs. Examines various settings for health and wellness programs and the role of the health and wellness professional.

Special Note: Community engagement required.

Prerequisites: BA A151 with a minimum grade of D and KIN A386 with a minimum grade of C or concurrent enrollment.

KIN A356 Lower Body Injury Assessment Skills 3 Credits
Focuses on the recognition and assessment of injuries. Emphasizes lower-body injury assessment skills and proficiencies.

Prerequisites: BIOL A111 with a minimum grade of C and BIOL A111L with a minimum grade of C and BIOL A112 with a minimum grade of C and BIOL A112L with a minimum grade of C and KIN A289 with a minimum grade of C.

KIN A357 Upper Body Injury Assessment Skills 3 Credits
Focuses on the recognition and assessment of injuries. Emphasizes upper-body injury assessment skills and proficiencies.

Prerequisites: BIOL A111 with a minimum grade of C and BIOL A111L with a minimum grade of C and BIOL A112 with a minimum grade of C and BIOL A112L with a minimum grade of C and KIN A289 with a minimum grade of C.

KIN A364 Techniques and Facilitation in Therapeutic Recreation 3 Credits
Examines facilitation techniques relevant to therapeutic recreation (TR). Covers definitions, intervention descriptions, historical perspectives, current research and theoretical foundations related to various TR facilitation techniques and interventions. Allows students the ability to facilitate a variety of evidence-based therapeutic recreation modalities/interventions for different populations.

Prerequisites: KIN A260 with a minimum grade of C.

KIN A365 Outdoor Recreation Management 3 Credits
Presents leadership skills related to outdoor recreation program leadership and management. Examines operational policies, procedures, program management principles, diversity, inclusion, risk management, and ethics.

Special Note: Community engagement required.

Prerequisites: KIN A287 with a minimum grade of C.

KIN A382 Kinesiology and Biomechanics 4 Credits
Examines the anatomy, structure, function and biomechanics of human movement. Students will analyze movement and constraints within the mechanical systems and identify potentially injurious movements. Investigates the mechanisms of correct pathological movements from a biomechanical perspective.

Registration Restrictions: Department approval

Prerequisites: BIOL A111 with a minimum grade of D and BIOL A112 with a minimum grade of D and KIN A182 with a minimum grade of C and (MATH A121 with a minimum grade of D or MATH A151 with a minimum grade of D or STAT A200 with a minimum grade of D).

KIN A383 Movement Theory and Motor Development **3 Credits**

Explores the behavioral, physiological and psychological principles underlying motor control and motor learning. Examines classification and measurement of motor performance, function of sensory processes, perception, memory, and attention.

Registration Restrictions: Department approval

Prerequisites: BIOL A111 with a minimum grade of D and BIOL A111L with a minimum grade of D and BIOL A112 with a minimum grade of D and BIOL A112L with a minimum grade of D and KIN A182 with a minimum grade of C.

KIN A384 Cultural and Psychological Aspects of Health and Physical Activity **3 Credits**

Investigates the dynamic relationship between psychological issues and health behavior adherence and/or physical activity performance. Analyzes the interaction between physical activity and society.

Registration Restrictions: Completion of GER Tier 1 (basic college-level skills) courses, junior or senior standing, and department approval

Prerequisites: PSY A111 with a minimum grade of D or PSY A150 with a minimum grade of D.

Attributes: UAA Integrative Capstone GER.

KIN A385 Physiology of Exercise **4 Credits**

Analyzes the reciprocal relationship between physical activity and the biochemical and physiological processes of the human body. Exercise metabolism, cardiopulmonary function, adaptations to training, and environmental factors are addressed, as well as exercise training guidelines. Covers acute responses and adaptations of the body to the stresses of exercise.

Registration Restrictions: Department approval

Prerequisites: KIN A382 with a minimum grade of C.

KIN A386 Current Issues in Health and Wellness **3 Credits**

Examines current issues related to personal health and wellness. Focuses on subjects related to preventive and lifestyle medicine and healthy behaviors.

Special Note: Community engagement required.

Registration Restrictions: Junior or senior standing and department approval

Prerequisites: KIN A295A with a minimum grade of C.

KIN A395 Practicum II **1 Credit**

Prepares students for their internship experience with an in-depth application of theories, concepts and skills obtained through coursework. Field-based learning experiences will take place in approved educational, worksite or agency settings.

Special Note: Extensive community engagement required.

Registration Restrictions: Junior or senior standing and department approval

Prerequisites: KIN A295A with a minimum grade of C.

KIN A445 Health and Wellness Coaching **3 Credits**

Examines and analyzes key theoretical constructs and coaching processes, and develops skills used by coaches to help individuals create lasting behavior change. Provides an overview of health and wellness coaching as a career or preferred skill set for allied health professionals.

Registration Restrictions: Junior or senior standing.

Prerequisites: PSY A111 with a minimum grade of D or PSY A150 with a minimum grade of D.

KIN A447 Wellness Program Management **3 Credits**

Examines current issues and trends in wellness programs, with a focus on the key administrative and programmatic elements of successful programs. Reviews the competencies and certifications required for wellness professionals.

Special Note: Community engagement required.

Registration Restrictions: Junior or senior standing.

Prerequisites: BA A151 with a minimum grade of D and KIN A395 with a minimum grade of C.

KIN A455 Clinical Exercise Physiology **4 Credits**

Provides an understanding of recent advances in exercise physiology and exercise prescription for clinical populations. Focuses on the study of acute and chronic responses to exercise in patients with cardiovascular, metabolic, pulmonary, orthopedic, immunological, and neurological conditions. Emphasizes the pathophysiology and detection of diseases, medical management, and exercise therapy program design.

Registration Restrictions: Departmental approval

Prerequisites: KIN A484 with a minimum grade of C.

KIN A484 Exercise Testing and Prescription **4 Credits**

Provides the student with an understanding of techniques necessary for exercise test administration, evaluation and prescription for healthy populations. Emphasizes testing protocols, the evaluation of results and the design of individual exercise prescriptions based upon the results.

Special Note: The course includes hands-on practical experience with a competency-based assessment.

Registration Restrictions: Junior or senior standing and department approval

Prerequisites: KIN A385 with a minimum grade of C.

KIN A486 Standards and Assessment in Kinesiology **3 Credits**

Introduces measurement theory, instruments and procedures for data collection. Covers statistical concepts and methods used in kinesiology-related assessments.

Registration Restrictions: Department approval

Prerequisites: KIN A280 with a minimum grade of C and (MATH A121 with a minimum grade of D or MATH A151 with a minimum grade of D or STAT A200 with a minimum grade of D).

KIN A487 Administration and Supervision in Kinesiology **3 Credits**

Critiques and evaluates the technical, leadership, and supervisory skills necessary to safely and effectively administer kinesiology-related programs. Presents theoretical, practical and research perspectives.

Registration Restrictions: Junior or senior standing and department approval

Prerequisites: BA A151 with a minimum grade of C and KIN A280 with a minimum grade of C.

KIN A490 Selected Topics in Health, Physical Education and Recreation **1-6 Credits**

Examines selected topics in the health, physical education and recreation industry according to industry demand or faculty expertise.

Special Note: Prerequisites may be required depending on selected topic. Course may be repeated with change in topic.

Registration Restrictions: Department approval

KIN A495 Internship 6 Credits

Advanced professional experience in an approved position with supervision and training in health, physical education and recreation programming.

Special Note: Special clothing and equipment may be required.

Registration Restrictions: Successful completion of a minimum of 12 hours of upper-division courses; a minimum grade of C in all Kinesiology (KIN) courses with a minimum cumulative GPA of 2.75; current CPR/First Aid certification; senior standing; admission to the Bachelor of Science in Kinesiology and instructor approval.

Prerequisites: KIN A395 with a minimum grade of C.

KIN A645 Methods in Elementary Physical Education 3 Credits

Applies theory and practice necessary for facilitating learning, providing positive behavioral supports, evaluating programs, and developing curriculum within the elementary physical education classroom ecology.

Special Note: Concurrent enrollment in an internship is required.

Registration Restrictions: Departmental approval.

Prerequisites: EDFN A478 with a minimum grade of D and EDFN A602.

KIN A646 Methods in Secondary Physical Education 3 Credits

Applies theory and practice necessary for facilitating learning, providing positive behavioral supports, evaluating programs, and developing curriculum within the secondary physical education classroom ecology.

Special Note: Concurrent enrollment in an internship is required.

Registration Restrictions: Departmental approval.

Prerequisites: EDFN A478 with a minimum grade of D and EDFN A602.